

# Discovering Your Creativity

or

## The Art of Distraction

by [Deb Silva](#)



I've so often heard the laments, "I'm really not creative", or "I just can't come up with anything original", or, "I don't know how to get started". But, don't you believe it; everyone has creativity in them, the trick is in getting over yourself. To access buried creativity one must move past the conscious mind to connect directly with that creative core, that part of ourselves where the urge to create lives. To gain entrance to this inner core we must trick ourselves and sneak past the censor in our consciousness.

One way to do this is with a play art session. The first thing we need to do is to gather a collection of fun materials. Make sure you have hands on media, paint, scissors, paper, glue, glitter, ribbon, scraps, buttons, beads, lace, fabric, and various collage elements. Just grab what comes to mind. Make it spontaneous; the trick is not to put much thought into it.

Now take your background, a piece of wood, cardstock, canvas, etc... and your collection of materials – and put on some music. I like to listen to audio books. The Purpose in this is to shut off that censor, relax, go with the flow; this is where the art of distraction comes in. Start cutting, pasting, and arranging, don't think, just go with your instincts. Keep playing till you have something satisfying. This type of activity will open you up to your own inner vision and creating outside of the box. You'll find yourself relying less on formulaic layouts that you've seen in magazines and you'll begin trusting your own instincts. We all have our own innate sense of style, and finding it is just a matter of letting go of all the pre-conditioning we've been taught, and learning to believe in our own ideas.

Creativity is a gift; it is the gateway to a connection with our deeper selves. I find an incredible sense of peace while in my studio. Making art can be calming, and an excellent stress reducer. You'll find it quite hard to worry in the midst of a project. Do you suffer from insomnia? You don't need to toss and turn, get up and make something. Don't be surprised at how quickly time passes when you are in the flow of creation, this type of activity is also as healing as it is enjoyable. I try to fit some art into every day, as therapy. I have the autoimmune disease fibromyalgia and find that making art is an excellent pain reliever, and anti-depressant. You might think I'm exaggerating, but there have been studies done proving the benefits of creativity in healing and mental health. So let loose, have fun, let yourself play, it's good for you. I'd love to see what you come up with, I bet you even surprise yourself with the wonderful work you produce.